TM

H-PLUS Function Exercise:
SWEET DREAMS

Function Command:
PLUS-THEME, DREAM, SLEEP

Purpose:

This is your H-PLUS Function exercise to learn to dream *your* dream.

Application:

Designed so that dream content and sequence can be self-selected prior to sleep, and the result remembered in detail upon awakening. Immediately after activation by the Function command, the dream scenario is instilled in awareness, preferably by visualization rather than verbally. Recall upon awakening is a part of the process.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.

2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.

3. Use a stereo cassette tape player with headphones and left–right volume control, if possible.

4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.

5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.

6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.

- Most results are subtle rather than dramatic. Waiting and watching only delay the application.

- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.

- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **SWEET DREAMS** is a good partner for the H-PLUS Functions **SLEEP** and **WAKE/KNOW**.

  Examples – After you've visualized a dream scenario, give the command **PLUS-THEME, DREAM, SLEEP** and use the Function **SLEEP** to drift off to sleep promptly. If there's a special challenge in your life, enlist the aid of your total self with **WAKE/KNOW** and program a dream about the situation with **SWEET DREAMS**. Compose a dream to stimulate the flow of new ideas with **SWEET DREAMS** when you're involved in creative endeavors.

Please Note:

- You may have a clear dream on the topic(s) you specified.

- You may have improved recall of your dreams.

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